

Claims:

1. A shock attenuation method of an elastic insole of shoes, wherein the pressure controller in the elastic insole of shoes has at least two pressure controlling modes, and by adjusting with a screw element, a user may choose to open or close either one of the two pressure controlling modes.

2. A shock attenuation method of an elastic insole of shoes as claimed in claim 1, wherein said pressure controlling modes include a multi-pipe circulating pressure controlling mode and a single-pipe bi-directional flow pressure controlling mode.

3. A shock attenuation system of an elastic insole of shoes to realize the method as claimed in claim 1, comprises: an insole body, said insole body has a pressure controller (A) located at its side, wherein said pressure controller (A) includes a multi-pipe circulating flow pressure controlling means (1) and a single-pipe bi-directional flow pressure controlling means (2), and an adjusting device (3) is further installed between said multi-pipe circulating flow pressure controlling means (1) and single-pipe bi-directional flow pressure controlling means (2), and said adjusting device (3) controls the operation of either one of said two pressure controlling means.

4. A shock attenuation system of an elastic insole of shoes as claimed in claim 3, wherein said multi-pipe circulating flow pressure controlling means (1) includes a first ball valve (11) as the entry of the flow passage and a vane valve (12) as the exit of the flow passage.

5. A shock attenuation system of an elastic insole of shoes as claimed in claim 3, wherein said single-pipe bi-directional flow pressure controlling means (2) includes a second ball valve (21) as the access of the flow passage, said second ball valve is equipped with a spring (212).

6. A shock attenuation system of an elastic insole of shoes as claimed in claim 3, wherein said adjusting device (3) includes a rotation shaft (31) and an adjusting turnbutton (32) connected to the exterior bottom of the rotation shaft (31); Disc-shaped adjusting heads (311) are sleeved on the middle part of said rotation shaft (31), by moving said adjusting heads (311), a ball (111) of the first ball valve (11) may be laterally displaced; and an adjusting tip (312) is set on the interior top of said rotation shaft (31) so as to press against a ball (211) of the second ball valve (21) and to make the ball (211) to displace longitudinally.

7. A shock attenuation system of an elastic insole of shoes as claimed in claim 6, wherein the number of the disc-shaped adjusting heads (311) may be set corresponding to the number of the ball valves (11) to be controlled.